



Bells City School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Bells City School System in 2007-2008.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Bells City School System that includes:

- School Health Advisory Committee
- One Healthy School Team
- School Nutrition Policy
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$13,747.

Community partnerships have been formed to address school health issues. Current partners include:

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| ➤ PTO | ➤ The Crockett Times Newspaper |
| ➤ Tennessee School Health Coalition | ➤ TNCEP Coalition Bells City School Pre-k Advisory Council |
| ➤ Future Business Leaders of America | ➤ Tennessee Public Health Association |
| ➤ Crockett County University of Tennessee Alumni Chapter | ➤ Carl Perkins Center for Child Abuse (Alamo Office) |
| ➤ Crockett County Chamber of Commerce | ➤ TN Department of Health |
| ➤ Crockett County Health Department | ➤ The Jason Foundation (Suicide Prevention Training) |
| ➤ Crockett County UT Extension Office | ➤ Le Bonheur Community Outreach Mobile Health Truck |
| ➤ Crockett County 4-H | ➤ Crockett County Community Advisory Board |
| ➤ Tennessee Technology Center at Ripley (Alamo Nursing and Business Students) | ➤ Bells City Fire Department |
| ➤ Crockett County Health Council | ➤ Crockett County Family Resource Center |
| ➤ The Crockett Rocket Newspaper | ➤ Pathways Behavioral Health Services |
| | ➤ Dept. of Children's Services |
| | ➤ Dyersburg Pediatric Dentistry, Dr. Chuck Hughes. |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities such as Fall Festival, PTO meetings, and School Health Screenings. Currently, 175 parents are collaborating with CSH. Students have been engaged in CSH activities such as community cleanup projects and student health council. Approximately 13 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Bells City School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – students screened 840;

Students referred – Vision-92, Hearing-61, Blood Pressure-50, BMI- underweight 28, obese 86;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. In 2007-2008 our overweight and obese rate was 49%. In our 2009-2010 data it was down to 31%;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include: exercise bike, school screening equipment, playground equipment, and a climbing wall;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include: MSDS training, suicide prevention training, blood-borne pathogen training, physical education teacher attends TAPHERD each year;

School faculty and staff have received support for their own well-being through faculty health screenings, faculty health programs and wellness information.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – school counselor now uses Michigan Model. All 4th and 5th grade students receive health class weekly;
- Physical Education/Physical Activity Interventions – all students receive 60 minutes of physical education weekly with a certified physical education teacher. They all receive 90 minutes of physical activity;
- Nutrition Interventions – breakfast is now served to all students in the morning at no cost. We are also taking our fryers out and replacing them with new ovens;
- Mental Health/Behavioral Health Interventions – Coordinated School Health and the school counselor have worked on a new mental health policy.

In such a short time, CSH in the Bells City School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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